



## American Academy of Sleep Medicine calls for elimination of daylight saving time

**DARIEN, IL** – Public health and safety would benefit from eliminating daylight saving time, according to a **position statement** from the American Academy of Sleep Medicine.

The AASM supports a switch to permanent standard time, explaining in the statement that standard time more closely aligns with the daily rhythms of the body's internal clock. The position statement also cites evidence of increased risks of motor vehicle accidents, cardiovascular events, and mood disturbances following the annual "spring forward" to daylight saving time.

"Permanent, year-round standard time is the best choice to most closely match our circadian sleep-wake cycle," said lead author Dr. M. Adeel Rishi, a pulmonology, sleep medicine and critical care specialist at the Mayo Clinic in Eau Claire, Wisconsin, and vice chair of the AASM Public Safety Committee. "Daylight saving time results in more darkness in the morning and more light in the evening, disrupting the body's natural rhythm."

The position statement, published online as an accepted paper in the Journal of Clinical Sleep Medicine, outlines the acute effects of daylight saving time, which range from increased risk of stroke and hospital admissions to sleep loss and increased production of inflammatory markers, one of the body's responses to stress. In addition, studies show that traffic fatalities have increased as much as six percent in the first few days following the change to daylight saving time, and a recently published research abstract found an **18 percent increase in adverse medical events related to human error** in the week after switching to daylight saving time.

"There is ample evidence of the negative, short-term consequences of the annual change to daylight saving time in the spring," said AASM President Dr. Kannan Ramar. "Because the adoption of permanent standard time would be beneficial for public health and safety, the AASM will be advocating at the federal level for this legislative change."

In July, an AASM survey of more than 2,000 U.S. adults found that **63 percent support the elimination of seasonal time changes** in favor of a national, fixed, year-round time, and only 11 percent oppose it. Additionally, a 2019 survey by the AASM found that **55 percent of adults feel extremely or somewhat tired** after the spring change to daylight saving time.

The AASM position statement on daylight saving time has been endorsed by the following organizations:

- American Academy of Cardiovascular Sleep Medicine
- American Academy of Dental Sleep Medicine
- American College of Chest Physicians (CHEST)
- American College of Occupational and Environmental Medicine
- California Sleep Society
- Dakotas Sleep Society
- Kentucky Sleep Society
- Maryland Sleep Society
- Michigan Academy of Sleep Medicine
- Missouri Sleep Society
- National PTA
- National Safety Council
- Society for Research on Biological Rhythms
- Society of Anesthesia and Sleep Medicine
- Society of Behavioral Sleep Medicine
- Southern Sleep Society
- Start School Later
- Tennessee Sleep Society
- Wisconsin Sleep Society
- World Sleep Society.

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To request a copy of the statement, "[Daylight saving time: An American Academy of Sleep Medicine position statement](#)," or to arrange an interview with an author or an AASM spokesperson, please contact the AASM at 630-737-9700 or [media@aasm.org](mailto:media@aasm.org). Accepted papers, which are published online prior to their final inclusion in an issue, are not embargoed. The position statement is scheduled to appear in the Oct. 15, 2020 issue of the journal.

The monthly, peer-reviewed [Journal of Clinical Sleep Medicine](#) is the official publication of the American Academy of Sleep Medicine, a professional membership society that advances sleep care and enhances sleep health to improve lives. The AASM encourages patients to talk to their doctor about sleep problems and visit [SleepEducation.org](https://SleepEducation.org) for more information about sleep, including a searchable directory of AASM-accredited sleep centers.

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August 27th, 2020 | [Featured](#), [Press Releases](#)

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# SAVE STANDARD TIME

The best clock for health, safety, education, economy, environment, civil liberties, and lasting public support.

## Endorsements of Permanent Standard Time as the Better Year-Round Clock

The following parties reject permanent Daylight Saving Time and endorse permanent Standard Time as the better year-round clock. These are not implied to be endorsements of the Save Standard Time entity.

### Organizations (non-comprehensive list)

American College of Chest Physicians	National Safety Council
American Academy of Sleep Medicine	National Sleep Foundation
National PTA	American College of Occupational Medicine
Sleep Research Society	World Sleep Society
American Academy of Dental Sleep Medicine	Start School Later
Society for Research on Biological Rhythms	Society of Anesthesia & Sleep Medicine
Society of Behavioral Sleep Medicine	American Academy of Cardiovascular Sleep Med
Bloomberg Opinion	Rabbinical Council of America
Agudath Israel of America	Anne Arundel County Public Schools
Indiana State Medical Association	Florida PTA
Maryland Association of Boards of Education	Northwest Noggin Neuroscience
Colorado PTA	California Sleep Society
Wisconsin Sleep Society	Kentucky Sleep Society
Missouri Sleep Society	League of Women Voters of Delaware County
San Diego Psychiatric Society	Hampden District Medical Society
Tennessee Sleep Society	Maryland Sleep Society
Regional Adolescent Sleep Needs Coalition	Southern Sleep Society
Capitol Neurology	Michigan Academy of Sleep Medicine
San Diego Academy of Child/Adolescent Psych	Dakota Sleep Society
The Oregonian	Minneapolis Star Tribune
South Florida Sun Sentinel	The Daytona Beach News-Journal
Rabbinical Council of California	Agudath Israel of California
California Islamic University	Agudath Israel of Maryland
Agudath Israel of Chicago	Agudath Israel of Florida
Cuyahoga Astronomical Association	Ohio Bicycle Federation
Adath Israel San Francisco	Stephens Memorial Observatory
Campaign to Opt Out of DST in Texas	Canadian Sleep Society
Association of Canadian Ergonomists	Canadian Society for Chronobiology
Solaris Fatigue Management	Spanish Sleep Society
Society for Light Treatment & Biological Rhythms	Daylight Academy
B-Society	Good Light Group
International Alliance for Natural Time	European Biological Rhythms Society
European Sleep Research Society	Australasian Chronobiology Society
Portuguese Sleep Association	Francophone Chronobiology Society
French Society for Sleep Research & Medicine	German Teachers' Association
Sleep Medicine Association Netherlands	Dutch Society for Sleep-Wake Research
Curtis Clock Lab	Chronobiology Lab Groningen

### Individuals (non-comprehensive list)

Raúl Aguilar-Roblero MD PhD, Mexico  
Konstantin V Danilenko MD PhD, Novosibirsk, Russia  
Elizabeth B Klerman MD PhD, Boston, Massachusetts  
Michael T Lam MD PhD, San Diego, California  
Michael McCarthy MD PhD, San Diego, California  
Thomas E Nordahl MD PhD, Davis, California  
David K Welsh MD PhD, San Diego, California  
Amir Zarrinpar MD PhD, San Diego, California  
Salman Ahsan PhD, San Jose, California  
Shimon Amir PhD, Montreal, Quebec  
Sonia Ancoli Israel PhD, San Diego, California  
Michael Antle PhD, Calgary, Alberta  
Susanna Barry PhD, Cambridge, Massachusetts  
William Bechtel PhD, San Diego, California  
Mikhail Borisenkov PhD, Moscow, Russia  
Joseph Boyd PhD, Temecula, California  
Hugo Calligaro PhD, San Diego, California  
Oscar Castanon-Cervantes PhD, Atlanta, Georgia  
Archana G Chavan PhD, Merced, California  
Joanna C Chiu PhD, Davis, California  
Scott Cookson PhD, San Diego, California  
Jason DeBruyne PhD, Atlanta, Georgia  
Grant Denn PhD, Colorado  
Heinz Freisling MSc PhD, Lyon, France  
Frederic Gachon PhD, St Lucia, Queensland, Australia  
Karen L Gamble PhD, Birmingham, Alabama  
Susan S Golden PhD, San Diego, California  
Marijke CM Gordijn MS PhD, Netherlands  
Bill Griesar PhD, Portland, Oregon  
Chelsea Gustafson PhD, Portland, Oregon  
Liz Harrison PhD, San Diego, California  
Dietrich Henckel PhD, Germany  
Erik Herzog PhD, St Louis, Missouri  
Myriam Juda PhD, Vancouver, British Columbia  
Thomas Kantermann PhD, Essen, Germany  
Paul Kelley PhD, Milton Keynes, United Kingdom  
Achim Kramer PhD, Germany  
Camilla Kring PhD, Copenhagen, Denmark  
Katja Lamia PhD, San Diego, California  
Andy LiWang PhD, Merced, California  
Travis Longcore PhD, Los Angeles, California  
Emily Manoogian PhD, San Diego, California  
Peter Mansbach PhD, Bethesda, Maryland  
Erik Maronde PhD, Frankfurt, Germany  
Girish Melkani MS PhD, San Diego, California  
Martha Merrow PhD, Germany  
Matt Metzgar PhD, Charlotte, North Carolina  
Ralph Mistlberger PhD, Vancouver, British Columbia  
João Nunes PhD, Dresden, Germany  
Marie Pariollaud PhD, La Jolla, California  
Ketema Paul PhD, Los Angeles, California  
Linda Petzold PhD, Santa Barbara, California  
Frank Powell PhD, San Diego, California  
Kendall Satterfield PhD, San Diego, California  
Dorothy D Sears PhD, San Diego, California  
Lori L Shemek PhD, Dallas–Fort Worth, Texas  
Benjamin Smarr PhD, San Diego, California  
Andrea Smit PhD, Vancouver, British Columbia  
Barbara Sorg PhD, Portland, Oregon  
Melissa A St Hilaire PhD, Boston, Massachusetts  
Andrew Steele PhD, San Luis Obispo, California  
Joseph S Takahashi PhD, Dallas, Texas  
Jennifer Thomas PhD, San Diego, California  
Gianluca Tosini PhD, Atlanta, Georgia  
Roger Tseng PhD, Ames, Iowa  
Judy Village PhD CCCPE, British Columbia  
John Wesley White PhD, Sarasota, Florida  
Daniel S Whittaker PhD, Los Angeles, California  
Anna Wirz-Justice PhD, Switzerland  
Wen Zhang PhD, Indianapolis, Indiana  
Ying Zhang PhD, Indianapolis, Indiana  
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Mariah Baughn MD, San Diego, California  
Steven M Croft MD FAAN, Houston, Texas  
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Mona Ezzat MD, San Diego, California  
John F Gottlieb MD, Chicago, Illinois  
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Jack Kruse DMD MD, New Orleans, Louisiana  
Beth Malow MD MS, Brentwood, Tennessee  
Melody T McCloud MD, Atlanta, Georgia  
Andrew Spector MD, Durham, North Carolina  
Tessa Sugarbaker MD MFT, San Francisco, California  
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Irving Lebovics DDS, Los Angeles, California  
Lisa Alexia PA-C, Alaska  
Beverly Feldman RN MSN, Houston, Texas  
Prof Stacey Harmer, Davis, California  
Janet Huff LPC, Shreveport, Louisiana  
Betty Jung MPH RN MCHES, New Haven, Connecticut  
Gayle Kahn Friedman LCSW, Studio City, California  
Lynn McGovern MSc, Ireland  
Angela Miller MA BSEd, Springfield, Missouri  
Prof Kurt Niel, Grieskirchen, Austria  
Kevin Spehar, Baltimore, Maryland  
Peter Varfalvy MSc, Quebec  
Elizabeth Wellburn MA, Victoria, British Columbia  
John de Graaf, Seattle, Washington  
Fabian Mohedano, Barcelona, Spain

Individuals represent personal views in endorsement of permanent Standard Time policy; they do not endorse as representatives of their employers.

# REJECT PERMANENT DAYLIGHT SAVING TIME

Forces early waking. Decreases immunity and alertness. Repeat failure.

**Most work/school starts at 8am.**  
How would you rather start your day half the year?



Permanent Standard Time is the safest, healthiest, quickest end to clock change.



**SAVE STANDARD TIME**

8:03am average school start in the US. CDC, US ED, SASS, 2015. <https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6430a1.htm>  
7:55am median work arrival in the US. S38, ACS, USCB, 2014. <https://fivethirtyeight.com/features/which-cities-sleep-in-and-which-get-to-work-early/>

**The US tried permanent DST in 1974.**  
Several children's lives were taken by sleep-deprived drivers.

<https://www.nytimes.com/1974/01/31/archives/schools-ask-end-to-daylight-time-pressure-follows-success-in-easing.html>



Why repeat bad history? Permanent Standard Time is the safest and quickest way to end clock changes.



**SAVE STANDARD TIME**

# RESTORE PERMANENT STANDARD TIME

Improves sleep. Best for health, safety, education. Federally pre-approved.

**"Permanent Standard Time is the only fair, viable option.**

"...Permanent Daylight Saving could create real health/safety issues.

Humans require adequate morning light so that our internal biological rhythms synchronize properly to local time. Lack leads to metabolic disorders, depression, cardiovascular disease..."

**Chancellor Gene Block PhD, UCLA**  
**Prof Johanna Meijer PhD, Leiden University**

<https://newsroom.ucla.edu/stories/who-wants-to-go-to-work-in-the-dark>



**SAVE STANDARD TIME**

**"Permanent Standard Time is the best choice to match our sleep-wake cycle.**

**Daylight Saving Time results in more darkness in the morning and more light in the evening, disrupting the body's natural rhythm."**

**Muhammad Adeel Rishi MD**  
**Mayo Clinic & American Academy of Sleep Medicine**

<https://aasm.org/american-academy-of-sleep-medicine-calls-for-elimination-of-daylight-saving-time/>



**SAVE STANDARD TIME**

**"Cancer rates significantly increase when sunrise is later.**

**Permanent DST would make sunrise later, while permanent Standard Time would make sunrise closer to body time."**

**Nicolas Cermakian PhD**  
**President, Canadian Society for Chronobiology**

<https://www.theglobeandmail.com/opinion/article-turn-back-the-clock-on-daylight-savings-why-standard-time-all-year/>



**SAVE STANDARD TIME**

**"Permanent Daylight Saving will undermine any benefits of shifting school start time later.**

"...A required wake time of 7am during Daylight Saving leads to the same degree of misalignment as a required wake time of 6am during Standard Time. With permanent Daylight Saving, schools would need to delay start times by one hour during winter just to maintain the status quo!"

**Anne Skeldon PhD**  
**Professor of Biology, University of Surrey**

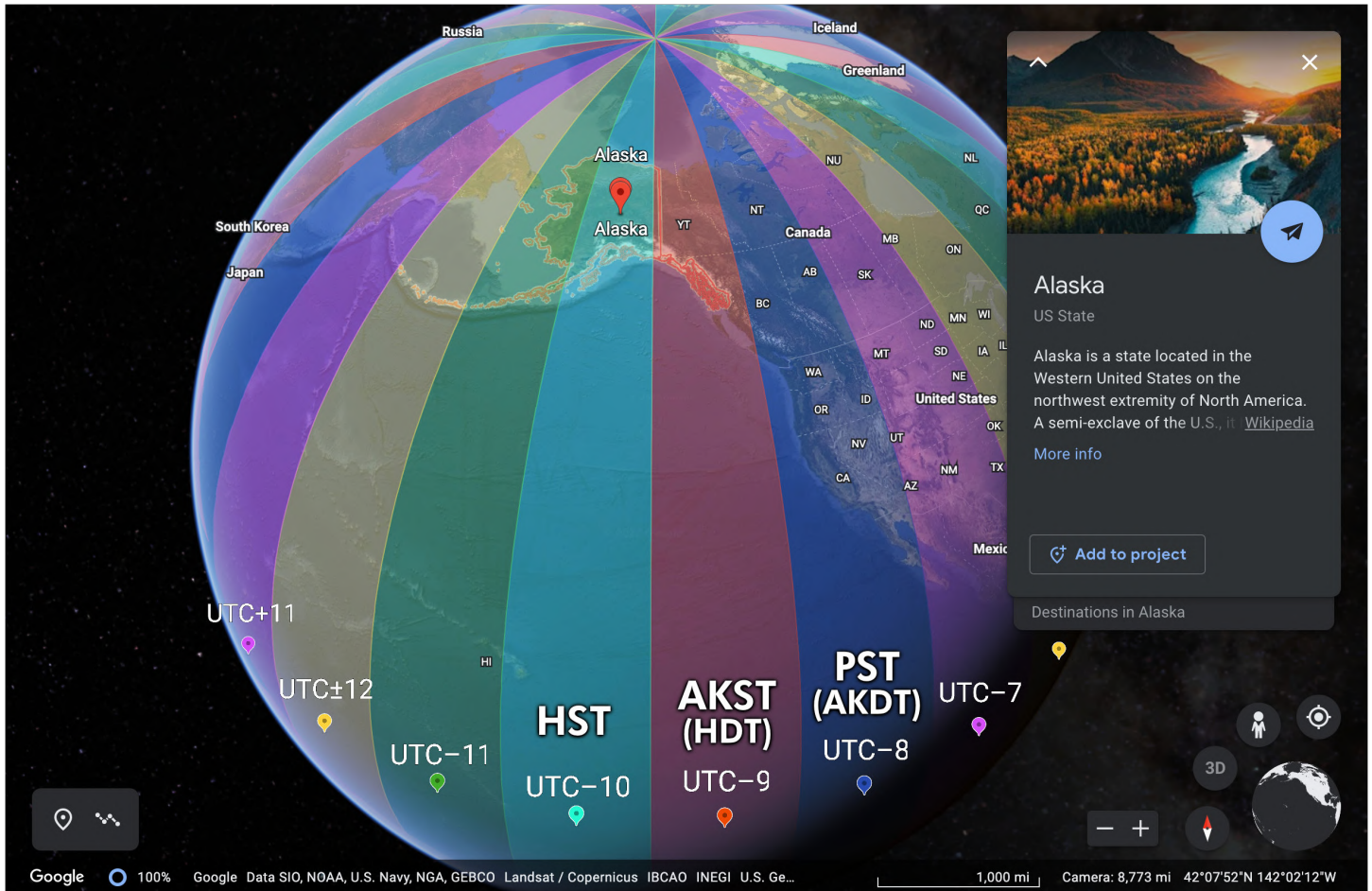
<https://www.eurekalert.org/news-releases/771715>



**SAVE STANDARD TIME**



# RESTORE PERMANENT STANDARD TIME REJECT PERMANENT DAYLIGHT SAVING TIME



Civil time in Alaska is often misaligned, at a cost to health/safety.

Permanent Daylight Saving Time (DST) would increase misalignment.

Permanent Standard Time (ST) would decrease misalignment.

Western Alaska observes UTC-10 as ST and UTC-9 as DST.

Eastern Alaska observes UTC-9 as ST and UTC-8 as DST.

Ideally Alaska would restore its four time zones (UTC-12, -11, -10, -9) per longitude.

**"As experts in circadian biology, sleep, mental health, and safety, we understand that permanent Standard Time is the preferred option."**

Myriam Juda PhD & Ralph Mistlberger PhD, Sleep & Circadian Neuroscience Lab, SFU  
Andrea Smit PhD, Canadian Society for Chronobiology  
Najib Ayas PhD MD, Sleep Disorders Program, UBC  
Judy Village PhD, Association of Canadian Ergonomists  
Raymond Lam PhD MD, Mowafaghian Center for Brain Health

<https://vault.sfu.ca/index.php/s/sAmv3Z4bcSwY4Gm#pdfviewer>



SAVE STANDARD TIME

**"Daylight Saving Time should be abolished,**

**and we as biological rhythms experts clearly favor permanent Standard Time (when the clock time matches sun time)."**

**Society for Research on Biological Rhythms**

Representing over 700 members from over 40 countries.

<http://srb.org/advocacy/daylight-saving-time-presskit/>



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# SAVE STANDARD TIME

The best clock for health, safety, education, economy, environment, civil liberties, and lasting public support.

	Permanent Standard Time	Permanent Daylight Saving Time
<b>Morning Sunlight</b>	Lets more people see morning sunlight—when biology needs it most—more days.	Makes more people start school or work before sunrise more days.
<b>Circadian Alignment</b>	Aligns clocks to circadian rhythms.	Misaligns clocks from circadian rhythms.
<b>Sleep Health</b>	Lets most people sleep naturally past sunrise more days. Brighter mornings make waking easier. Darker evenings make sleeping easier.	Makes more people wake by alarm before sunrise more days. Darker mornings make waking harder. Brighter evenings make sleeping harder.
<b>Mental &amp; Physical Health</b>	Improves immunity, longevity, and ability to handle stress.	Increases depression, substance abuse, obesity, high blood pressure, stroke, heart disease, diabetes, and cancer.
<b>Safety &amp; Crime</b>	Improves alertness and responsiveness.	Increases accidents and recovery times.
<b>Education &amp; Economy</b>	Improves school performance. Increases workplace productivity and wages.	Impairs school performance. Decreases workplace productivity and wages.
<b>Farmers &amp; Blue-Collar Workers</b>	Preserves morning light needed for outdoor labor.	Shortens morning light needed for outdoor labor.
<b>Energy &amp; Environment</b>	Balances the sun's light and heat between morning and evening, for lower energy demands, costs, and waste.	Darker mornings increase demand for morning heat. Brighter evenings increase demand for evening A/C.
<b>Radio Broadcasts</b>	Preserves morning light needed for radio broadcasts.	Dark mornings impair radio. News broadcasts would be delayed until more people have begun work.
<b>Civil Liberties</b>	Respects nature's balance of morning and evening sunlight.	Overlaps work hours with morning prayer times for observant Jews and Muslims more days.
<b>Public Support</b>	Supported by current and historical polls.	Historically support reverses into opposition after it's experienced.
<b>Law &amp; History</b>	Pre-approved for states by the Uniform Time Act (15 USC §260a). Observed in Arizona, Hawaii, all US territories, and most nations.	Prohibited by the Uniform Time Act. Repeatedly tried and reverted in the US and other nations, with loss of money and sometimes loss of life.



# SAVE STANDARD TIME

The best clock for health, safety, education, economy, environment, civil liberties, and lasting public support.

2022 May 15

The Alaska State Legislature  
120 4th Street, Room 3  
Juneau, Alaska 99801-1182

Re: HB-31: Oppose – Amend to Permanent Standard Time

Dear Honorable Legislators,

Please oppose HB-31, permanent Daylight Saving Time, a policy that has repeatedly failed with loss of money and lives. Please recommend its amendment to permanent Standard Time, for health, safety, education, and prosperity.

Permanent DST would force constituents to wake an hour early relative to sunrise, every weekday from November through March. It would revert benefits of starting school/work later. It would rob morning daylight needed by farmers, construction workers, and other outdoor laborers.<sup>[Schlanger]</sup> It would delay sunrise in Juneau to 9:46am and past 8am for 4.1 months, and in Anchorage to 11:15am and past 8am for 5.7 months. Support for permanent DST historically reverses into opposition when experienced. Permanent DST has failed several times; it cost American children's lives in 1974.<sup>[BBC][Ripley][Yorkshire]</sup> It would delay radio broadcasts of morning news until more people have started work.<sup>[Stine]</sup> It is prohibited by the Uniform Time Act (15 USC §260a); it cannot end clock change quickly as voters ask.

Moving clocks to DST acutely deprives sleep. Leaving clocks on DST chronically deprives sleep (estimated average 19 minutes nightly).<sup>[Giuntella][Roenneberg]</sup> Artificial delay of sunrise by one hour continually manifests as significant increases in accidents, disease (certain cancers up 12–36%), and healthcare costs, and as significant decreases in learning, productivity, and earnings (individual wages down 3–5%).<sup>[Gibson][Giuntella][Gu][Roenneberg]</sup> It's not just clock change that harms, but also DST's forced early waking.

Permanent Standard Time instead would protect start times for schoolchildren and blue-collar workers, by letting more people sleep naturally past sunrise more days.<sup>[Borisenkov][Cell][Schlanger][Skeldon]</sup> Standard Time preserves morning sunlight needed by human biology. Its benefits to circadian health improve immunity, longevity, mood, alertness, and performance in school, sports, and work. Its benefits prevent traffic deaths, lower crime, and reduce chronic illnesses.<sup>[AASM][Juda][SRBR]</sup> Most consistent professional polling shows public preference for Standard Time.<sup>[AP]</sup> Permanent Standard Time has been observed in Arizona, Hawaii, all five US territories, and most nations for decades. It is pre-approved by the Uniform Time Act (15 USC §260a); it can end clock change in a matter of months.



Scores of organizations, representing millions of researchers, doctors, teachers, parents, and community leaders worldwide, oppose DST and endorse permanent Standard Time. Among these are the American College of Chest Physicians, National Safety Council, American Academy of Sleep Medicine, National PTA, American College of Occupational & Environmental Medicine, Start School Later, Canadian Sleep Society, Association of Canadian Ergonomists, Canadian Society for Chronobiology, and many more state, national, and international groups.<sup>[AASM][CSC][CSS][ESRS][NSF][SRBR]</sup>

Please hear the consensus of doctors, teachers, and history. Save time, money, and lives. Oppose this bill, and recommend its amendment to permanent Standard Time.

Sincerely,



Jay Pea  
President

[jay@savestandardtime.com](mailto:jay@savestandardtime.com)

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